

FITNESS CLASSES - APRIL-JUNE 2010

Name _____

Address _____

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Make check payable to:

Enfield Senior Center

Date Paid _____

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(Print address if you would like e-mail receipt - If you have already given us your e-mail address, you don't have to fill this in again.)

For office use only:

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Class Name	Date	Day	Time	No. of Classes	FEE Resident	FEE Non- Resident	
Jan's Exercise	1-day	April 5-30	M W F	9 am	4	14	18
	2-day	April 5-30	M W F	9 am	8	24	32
	3-day	April 5-30	M W F	9 am	12	33	44
Jan's Exercise	1-day	May 3-28	M W F	9 am	4	14	18
	2-day	May 3-28	M W F	9 am	8	24	32
	3-day	May 3-28	M W F	9 am	12	33	44
Jan's Exercise	1-day	June 2-30	M W F	9 am	5	17	22
	2-day	June 2-30	M W F	9 am	10	30	40
	3-day	June 2-30	M W F	9 am	13	36	48
Evening Line Dance Beginner	April 7-May 12	Wed	7 pm	6	18	24	
	May 19-June 30	Wed	7 pm	7	21	28	
Line Dancing - Introduction	April 1-May 6	Thurs	4 pm	6	18	24	
	May 20-June 24	Thurs	4 pm	6	18	24	
Line Dancing - Advanced Beg.	April 5-May 17	Mon	2:15 pm	7	21	28	
	June 7-28	Mon	2:15 pm	4	12	16	
Line Dancing - Intermediate	April 5-May 17	Mon	1 pm	7	21	28	
	June 7-28	Mon	1 pm	4	12	16	

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Class Name	Date	Day	Time	No. of Classes	FEE Resident	FEE Non- Resident
Simply Stretch & Strengthen with Lynne Mondays	April 5-May 10	Mon	10:30 am	6	18	24
	May 17-June 28	Mon	10:30 am	6	18	24
Simply Stretch & Strengthen with Lynne Fridays	April 9-May 14	Fri	10:30 am	6	18	24
	May 21-June 25	Fri	10:30 am	6	18	24
Stretch, Roll & Strengthen with Dan	April 6-May 11	Tues	10:30 am	6	18	24
	May 18-June 29	Tues	10:30 am	7	21	28
Tai Chi - Introduction	April 7-May 26	Wed	4 pm	6	18	24
Tai Chi - Advanced Beginner	April 5-May 11	Tues	8:45 am	6	24	30
	May 18-June 29	Tues	8:45 am	7	28	35
Tai Chi - Intermediate	April 1-May 6	Thurs	8:45 am	6	24	30
	May 13-June 24	Thurs	8:45 am	7	28	35
Yoga - Gentle	April 6-May 11	Tues	11 am	6	18	24
	May 18-June 29	Tues	11 am	7	21	28
Yoga - Intermediate	April 6-May 11	Tues	10 am	6	18	24
	May 18-June 29	Tues	10 am	7	21	28
Yoga - Intermediate - Evenings	April 1-May 6	Thurs	6 pm	6	18	24
	May 13-June 24	Thurs	6 pm	7	21	28
Zumba Dance	April 7-May 12	Wed	6 pm	6	24	30
	May 19-June 30	Wed	6 pm	7	28	35
Circle Choices & Total						